

NROD67

Psychobiology of Aging
Tentative Syllabus 2014

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Lecture: Wed 3-5 pm in IC 212

Office Hours: Tues 3 to 4 pm
Wed 2 to 3 pm

Fascinating psychological and biological questions cluster around the phenomenon of development and aging. Indeed, various lines of research are helping us to understand the aging process.

In this seminar course we will explore the neurobiological changes that occur during the process of aging and the relationship between these neurobiological changes and the cognitive changes that are experienced in the aged. We will examine both normal age-related changes and the cognitive changes that occur in age related disease states. Some of the questions we will discuss in this course include the following. Does every species age in the same way as the human? Is there a fundamental process of “aging” common to all organisms? How does the aging process deviate from the “normal” to cause aging-related disorders in long-lived species? Can one prevent and/or modify the aging process? What roles do nature and nurture play in this process? Can we learn something from various human lifestyles, diets, cultures, environments and even from other species in order to enhance healthy aging? Indeed, the quest to maintain a healthy, long life by mankind has been going on from time immemorial. Past and current research has focused on beginning to answer some of these questions. As we progress through this course we will observe that advances in aging research are contributed by worldwide researchers who cut across many disciplines.

Text: There is no text book for this course. Instead you will read various journal articles on topics related to aging.

Grading Scheme:

25% Leading In-Class Assigned Readings

16% Short Thought Papers

20% Class Participation

9% Proposal

30% Final Paper

Leading In-Class Assigned Reading Discussions

Articles for the week are posted under course materials on BB. Each week a group of students will be responsible for presenting the articles to the class and facilitating discussion of these articles. Each group should work together to come up with a good way to highlight the important issues discussed in the articles and to engage the rest of the class in a thoughtful and critical discussion of those issues. You will be graded on your ability to summarize/highlight the important issues in the articles, your presentation skills, your understanding of the readings, and your ability to lead and engage your peers in a group discussion. Your grade will be based on the group performance and your individual contributions. Each group is required to submit a near complete ppt of their presentation to me no later than Tues 3 pm.

Participation:

You are expected to read assigned papers before each class, attend regularly and be engaged in our class discussion. All course readings can be obtained through the course reading tab in BB. In addition, students will be required to submit a weekly thought question/idea/issue based on the assigned readings to our BB discussion board. This question/idea/issue must be posted no later than noon of the Tues prior to our Wed lecture. During the lecture some thought questions/ideas from the discussion board postings may be chosen for class discussion.

Short Reports:

You will notice in the weekly list of assigned readings at the end of this syllabus there are 8 readings highlighted in green. You are required to submit a thought/response paper based on 4 of these green highlighted papers for evaluation during the term. At least 1 of the 4 must be submitted before reading week. It is your choice which papers you choose to submit. These papers should be a maximum of 1 page and are due at the start of the lecture in print. Late papers will not be accepted.

The two main purposes of these short written reports and the weekly thought/response papers are to encourage you to 1) read the work in advance of the class and be prepared to discuss the papers during the seminar and (2) think about it. A good thought paper will demonstrate that you have read and thought about the readings in the course. The emphasis of the paper should be on some thought, idea, or criticism you have with respect to the material you read. You should identify some issue, and discuss that issue in light of the readings and/or the current research in the field. For example, you may choose to examine a problem with the assigned reading that could have been better addressed, try and extend the research based on current findings (what would be the next step), comment on how the paper integrates the findings with current developments in theories on the topic, or comment on the interpretation of the data analysis and statistical outcomes. Your goal is to clearly state your issue, and then express your thoughts on this issue.

Proposal and Literature Review:

Each student will write a review paper on a topic approved by me. Approval for the final paper topic must be completed by Jan 29. Please email your topic choice to me no later than this date. A proposal will be required on Feb 12, which should include a detailed outline of the topic you will be focussing on and include a partial list of references. Each student will be required to meet with me individually on this date to discuss their progress. Your proposal will contribute 9% to your final grade.

The final paper will be no longer than 15 pages including the abstract, cover page, and reference pages. You are encouraged to be as concise as possible in this final paper while adequately covering the topic. Your paper should be double space with the only exception being that references may be single spaced. Late papers will be accepted but docked 10% per day unless a medical note is provided. Please use only the medical form available from UTSC online. Final papers are due at the start of class on March 26, 2014. You are required to bring a paper copy to class and also submit a copy through Turnitin. Details on Turnitin follow and will be discussed at the first class.

Turnitin:

First, some background information on this program. Turnitin.com is a tool that assists in detecting textual similarities between compared works i.e.: it is an electronic resource that assists in the detection and deterrence of plagiarism. The terms that apply to the University's use of the Turnitin.com service are described on the Turnitin.com web site.

“Normally, students will be required to submit their course essays to Turnitin.com for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their essays to be included as source documents in the Turnitin.com reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of the Turnitin.com service are described on the Turnitin.com web site”

Students will submit their final paper to the turnitin.com site (www.turnitin.com). Final papers should be submitted through the assignment link on BB. You may submit your paper as a docx or a pdf.

<http://www.turnitin.com>

Tentative Course Schedule

DATE	TOPIC	READINGS
Jan 8	Course Introduction	
Jan 15	Neurobiology of Healthy Aging	Geldmacher 2012 Erickson 2003 Imhof 2007

Jan 22	Models of Aging	Alexander 2012 Roberson 2012 Roth 2004 Toescu 2005 Boyle 2013
Jan 29	Models continued Final Paper Topic must be approved no later than today.	Kennard 2011 Schliebs 2006 Engle 2012 Bizon 2012 Peelle 2013
Feb 5	Nutrition and Aging	Joseph 2009 Sinclair 2005 Stanner 2004 Piper 2008 Milgram 2005
Feb 12	Final Paper Outline Due Individual appointments scheduled	
Feb 19	Reading Week- No classes	
Feb 26	No Class, Work on Outline Revisions and Final Paper	
Mar 5	Vascular Cognitive Impairments Cortical Changes	Jellinger 2013 Hinman 2007 Richards 2009 De la Torre 2004 Oomens 2009
Mar 12	Oxidative Stress/Chronic Stress	Martin 2006 Gems 2008 Lupien 2005 Barberger-Gateau 2007
Mar 19	AD and MCI	Swerdlow 2007 Albert 2006 Cotteli 2012 Ruby 2009 Marchionni 2013
Mar 26	Exercise and Aging Final Paper Due	Coubard 2011 Muscarì 2010 Pons van Dijk, 2013 McGregor 2013 Shatil 2013
April 2	Enrichment and Lifestyle	Siwak-Tapp 2008 Edwards 2009 Hanna-Pladdy 2012 Buitenweg 2012 Sternberg 2013

Readings:

Albert MS & Blacker D. (2006). Mild cognitive impairment and dementia. *Annu Rev Clin Psychol* 2: 379-388.

Alexander GE, Ryan L, Bowers D, Foster TC, Bizon JL, Gelmacher DS & Glisky EL. Characterizing cognitive aging in humans with links to animal models (2012). *Frontiers in Aging Neuroscience*. doi: 10.3389/fnagi.2012.00021

Barberger-Gateau, et al. (2007). Dietary patterns and risk of dementia: the Three-City cohort study. *Neurology* 69: 1921-1930.

Bizon JL, Foster TC, Alexander, GE & Glisky EL (2012). Characterizing cognitive aging of working memory and executive function in animal models. doi: 10.3389/fnagi.2012.00019

Boyle PA et al. (2013). Relation of neuropathology with cognitive decline among older persons without dementia. doi: 10.3389/fnagi.2013.00050

Buitenweg J, Murre JM, Ridderinkhof KR (2012). Brain training in progress: a review of trainability in healthy seniors. *Frontiers in Human Aging*. doi: 10.3389/fnhum.2012.00183

Cotelli M, Manenti R, Zanetti O and Miniussi C. (2012). Non-pharmacological intervention for memory decline. *Frontiers in Human Neuroscience*. doi: 10.3389/fnhum.2012.00046

Coubard et al. (2011). Practice of contemporary dance improves cognitive flexibility in age. *Frontiers in Aging Neuroscience*. doi: 10.3389/fnagi.2011.00013

De la Torre JC (2004). Is Alzheimer's disease a neurodegenerative or a vascular disorder? Data, dogma, and dialectics. *Lancet Neurol*. 3(3): 184-190.

Edwards, JD. (2009). Cognitive enhancement for older adults. *Frontiers in Neuroscience* 3(1) 108-109.

Engle JR & Barnes CA (2012). Characterizing cognitive aging of associative memory in animal models. *Frontiers in Aging Neuroscience*. doi: 10.3389/fnagi.2012.00010

Erickson CA & Barnes CA (2003). The neurobiology of memory changes in normal aging. *Exp Gerontol* 38(1-2): 61-69.

Geldmacher DS, Levin BE & Wright CB (2012). Characterizing healthy samples for studies of human cognitive aging. *Frontiers in Neuroscience*
doi: 10.3389/fnagi.2012.00023

Gems K & Partridge L (2008). Stress-response hormesis and aging: “that which does not kill us makes us stronger” *Cell Metab* 7:200-203.

Hanna-Pladdy B & Gajewski B (2012). Recent and past musical activity predicts cognitive aging variability: direct comparison with general lifestyles.
doi: 10.3389/fnhum.2012.00198

Hinman JD & Abraham Cr (2007). What’s behind the decline? The role of white matter in brain aging. *Neurochem Res* 32(12): 2023-2031.

Imhof A. et al. (2007). Morphological substrates of cognitive decline in nonagenarians and centenarians: a new paradigm? *J Neuroscience*. 257(1-2): 72-79.

Jellinger KA (2013). Pathology and pathogenesis of vascular cognitive impairment—a critical update. doi: 10.3389/fnagi.2013.00017

Joseph, J et al. (2009). Nutrition, brain aging, and neurodegeneration. *J Neuroscience* 29(41): 12795-12801.

Kennard & Woodruff-Pak (2011). Age sensitivity of behavioral tests and brain substrates of normal aging in mice *Frontiers in Aging Neuroscience*. Vol 3 Article 9
doi: 10.3389/fnagi.2011.00009

Lupien et al. (2005). Stress hormones and human memory function across the lifespan. *Psychoneuroendocrinology* 30: 225-242.

Marchionni M et al. (2013). Inherited real risk of Alzheimer’s disease: bedside diagnosis and primary prevention. doi: 10.3389/fnagi.2013.00013

Martin I & Grotewiel MS (2006). Oxidative damage and age-related functional declines. *Mech Ageing Dev* 127(5): 411-423.

McGregor KM et al. (2013). Effects of aerobic fitness on aging-related changes of interhemispheric inhibition and motor performance. doi: 10.3389/fnagi.2013.00066

Milgram, NW et al. (2005). Learning ability in aged beagle dogs is preserved by behavioral enrichment and dietary fortification: a two year longitudinal study. *Neurobiol Aging* 26: 77-90

Muscari A, Giannoni C et al (2010). Chronic endurance exercise training prevents aging-related cognitive decline in healthy older adults: a randomized controlled trial

International Journal of Geriatric Psychiatry 25 (10), pg. 1055-1064

Oomens CA et al. (2009). Resveratrol preserves cerebrovascular density and cognitive functioning in aging mice. *Frontiers in Aging*. doi: 10.3389/neuro.24.004.2009

Peelle JE et al. (2013). Age-related vulnerability in the neural systems supporting semantic processing. doi: 10.3389/fnagi.2013.00046

Piper MD & Bartke (2008). Diet and aging. *Cell Metab* 8: 99-104.

Pons van Dijk et al (2013). Taekwondo training improves balance in volunteers over 40. *Frontiers in Aging Neuroscience* doi: 10.3389/fnagi.2013.00010

Richards BA, et al. (2009). Patterns of cortical thinning in Alzheimer's disease and frontotemporal dementia. *Neurobiology of Aging* 30: 1626-1636.

Roberson et al. (2012). Challenges and opportunities for characterizing cognitive aging across species. *Frontiers of Neuroscience Aging*. doi: 10.3389/fnagi.2012.00006

Roth GS et al. (2004). Aging in rhesus monkeys: relevance to human health interventions. *Science* 305: 1423-1426.

Ruby P, et al. (2009). Perspective taking to assess self-personality: What's modified in Alzheimer's disease? *Neurobiology of Aging* 30: 1639-1651.

Schliebs R & Arendt T (2006). The significance of the cholinergic system in the brain during aging and in Alzheimer's disease. *J Neural Transm.* 113(11): 1625-1644.

Shatil E (2013). Does combined cognitive training and physical activity training enhance cognitive stabilities more than either alone? A four-condition randomized controlled trial among healthy older adults. doi: 10.3389/fnagi.2013.00008

Sinclair DA (2005). Toward a unified theory of caloric restriction and longevity regulation. *Mech Ageing Dev* 126:987-1002.

Siwak-Tapp, CT et al. (2008). Region specific neuron loss in the aged canine hippocampus is reduced by enrichment. *Neurobiol Aging* 20:39-50.

Stanner, SA et al. (2004). A review of the epidemiological evidence for the 'antioxidant hypothesis'. *Public Health Nutr* 7: 407-450.

Sternberg DA et al. (2013). The largest human cognitive performance dataset reveals insights into the effects of lifestyle factors and aging. *Frontiers in Human Neuroscience* doi: 10.3389/fnhum.2013.00292

Swerdlow RH (2007). Is aging part of Alzheimer's disease, or is Alzheimer's disease part of aging?

Toescu EC. (2005). Normal brain ageing: models and mechanisms. *Philos Trans R Soc Lond B Biol Sci* 360(1464): 2347-2354.